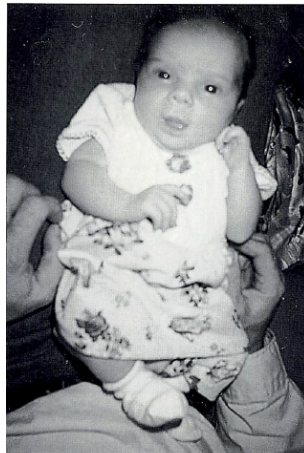


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## **EMMIE ARRIVES: THE FIRST OPENING THE WAY BABY**

*by Janet L. M. Henneke, Midwife*

*Janet L. M. Henneke is a midwife with a home birth practice in the Texas Hill Country near Hunt, Texas. She is also a childbirth activist who is promoting natural alternatives to medicated birth and educating women about personal empowerment through active participation in the birth process. Janet is co-developer with The Monroe Institute of the Opening the Way pregnancy and birth album. She has introduced this tape series into the pregnant teen program of the local high school and uses it in her own classes. Emmie's photo was taken at her two-week visit. Hemi-Sync® was playing, and she went from "fussy and tense" to "contented and relaxed." The amazed parents asked for the Institute's 800 number!*



Emmie, at two weeks

I just have to share the story of little Emmie, born on a remote Texas ranch an hour west of where I live (and I live at the edge of a very remote part of Texas!). Emmie's parents came to a series of classes introducing my home birth clients to Hemi-Sync. During the first class almost everyone fell soundly "asleep," and Emmie's father seemed particularly grateful for the deep relaxation. Emmie's mother experienced an elevation in her blood pressure during the last part of her pregnancy and was put on strict bed rest. She requested Hemi-Sync tapes for relaxation, and her blood pressure remained within normal limits. At the next class—after they took Hemi-Sync home with them—Emmie's daddy described what sounded like an out-of-body experience. He thought he was relaxed but alert during the tape session, when his wife asked him to turn over so he would stop snoring! Only then did he become aware of snoring. He also reported the sensation of having observed himself lying next to his wife.

On the last Friday night, the class asked to do *Contacting the Baby's Soul* from OPENING THE WAY. Emmie's mother "saw" a little girl about seven or eight years old, very quiet and serious. She had the sense that this was her child and that she would bring profound spiritual changes to the family. She also saw a beautiful outdoor scene "like a garden" (Focus 27?). While doing the tape with the moms and dads, I focused on this family and "saw" an image of a dog chasing a ball in an outdoor area. It felt like this scene was in some way connected with the baby, but I did not get a clear sense of the child. So on Saturday during my meditation, I decided to ask to connect with the child more clearly.

The first sensation was fear, a kind of reluctance to commit to being born. Opening my heart center, I poured out my love for this soul. The fear dissipated and suddenly there was a vision of a beautiful pink and purple cloud of energy swirling in wonderful soft patterns. My sense was that this cloud represented the pure energy form of the child's soul. Surges of energy passed through my body as I concentrated on communicating with the baby. There was a clear feeling that it would be a little girl. I told her that she needed to go ahead with her birth because her mother's blood pressure was going up. I also told her that a short and painless birth would be nice because long hard births in the past had made her mother hypersensitive to pain.

That night something woke me at 2:00 A.M. and I lay awake for about an hour for no apparent reason. It turned out that that was when Emmie's mother started her labor. However, she hadn't called me because the contractions were so painless she didn't realize she was in labor! Finally, at 6:00 A.M. the parents decided to call. By then the contractions were two minutes apart and lasting forty-five seconds. They still did not hurt, so the mom was worried that I would make the trip for nothing. I listened as she went through a contraction and heard her low moans. She was unable to talk during the contraction. I told the father that not only was his wife in good hard labor, but the child would probably be born before my arrival. How did he feel about catching the baby if I didn't make it? As a rancher who had assisted with many animal births, he said he felt fine. I asked, "Are you sure?" If he had any hesitation, he needed to call 911 immediately. Dad said he was sure. He knew he could reach me by cellular phone once I was on the interstate.

On the way to the ranch, tremendous surges of energy ran through my body. I prayed for a safe delivery and asked all the guides and angels that were connected with the birth to go ahead of me to the bedside as guardians. The drive took an hour and ten minutes, but it seemed more like twenty minutes. The father had not called. I thought, "Maybe the baby is waiting for me."

When I pulled up at the house, the proud papa met me at the front door. Little Emmie had already made her appearance. After we hung up, he had gathered up all the birth supplies and started reviewing the emergency childbirth instructions. Once everything was ready he felt a little nervous, so his wife had him put on the Hemi-Sync labor tape. At 6:15 A.M. the water bag

had “popped” loud enough to hear. The waters were clear. There was a series of about three really hard contractions, the mother pushed for five minutes, and Emmie was born as the father massaged the perineum with olive oil. The placenta birthed spontaneously minutes later, and he wrapped it in a towel. (Contrary to popular belief, the umbilical cord need not be cut immediately.)

When I first saw her in her new baby girl body, little Emmie was pink and peacefully nursing. She was wearing the little purple knit hat that came with the birth kit. Her three brothers were gathered around the bed admiring her.

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